

Town of Lexington
Recreation Department
Fall 2010 ~ Winter 2011
Program Brochure



1625 Massachusetts Avenue

Lexington, MA 02420

Telephone: (781) 862-0500 ext. 262

Information & Cancellations : (781) 862-0500 ext. 706

Web Site: <http://www.lexingtonma.gov/recreationdepartment.cfm>

Important Information

Mission Statement

The Lexington Recreation Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing quality recreational services which are educational, fun and rewarding. The Recreation Department promotes participation by all Lexington citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, accessible and well-maintained Park and Recreation facilities.

Enterprise Fund

The Recreation Department has operated as an Enterprise Fund since 1991. Recreation programs are self-supported by setting user fees to cover all expenses. The Recreation Director, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation operating budget supports staff who manage and deliver recreation programs along with the supplies needed to operate those programs. Surplus revenue generated through the Recreation Enterprise (Recreation and Pine Meadows Golf Club) helps fund Capital Improvement Projects and financially supports some services provided to Recreation by other Town Departments, and payment of \$100,000 per year towards the Lincoln Park debt.

Programs for Everyone

Please let us know about barriers that prevent participation. We are proud of our work with members of the community in creating exciting and successful programs. Please help us as we try to expand our ability to provide meaningful and accessible recreational opportunities for all. Your suggestions are welcomed! We encourage individuals in need of special assistance in order to participate, to share this information on the registration form when they register, or call the Recreation Office.

Registration Policy

- Please sign up early, as space is limited. All programs are on a “first come—first served” basis via our new **ONLINE REGISTRATION**, walk-in registration or mail-in registration from this brochure. **To register online please go to: www.lexingtonma.gov/recreationdepartment.cfm and click on the link in the center of the page.** **Online registrations** must be paid in full using MASTERCARD, DISCOVER, or VISA. *Credit card payments are **NOT** accepted for tennis reservations, golf ID cards or field permit reservations.* Classes cannot be attended unless full payment has been received.
- Please make checks payable to: **TOWN OF LEXINGTON**. There is a \$25.00 service fee for all returned checks.
- Mail registration to: Recreation Department, 1625 Massachusetts Avenue, Lexington, MA 02420. You may also use the Town Office Building Drop Box in front of Cary Hall.
- Non-resident registrations are accepted in some programs, space permitting, at an additional rate of \$5.00 per program for children and \$10.00 per program for adults. ***Non-resident registration for fall and winter programs is accepted after September 12, 2010.***
- There is a minimum \$10.00 non-refundable deposit for each program, except where noted in the brochure.
- Registration may be limited due to space limitations or staff-to-participant ratio requirements. Late registration may be accepted subject to available space.
- Financial assistance may be available for Recreation Department sponsored programs. Those who need financial assistance should request a scholarship application and a copy of the Recreation Scholarship Policy when applying for a specific program.

Refund Policy

The Lexington Recreation Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, or relocated due to space availability. Programs are subject to change in personnel. The Recreation Department does not confirm program registrations.

- All refunds will be issued in the form of a check from the Town Treasurer’s Office. Refunds to credit cards are not allowed. Please allow 3 – 4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be cancelled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit*, may be given to participants who withdraw from a program **two weeks** prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation Department stating the reason for withdrawing and the participant’s name and address.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation Department accompanied by a physician’s letter. The minimum \$10.00 non-refundable deposit* will be deducted from the refund. In the event that a medical issue arises after the start of the program, the refund will be prorated.
- In the event of weather cancellations the Recreation Department will offer make up sessions. Refunds will not be given if make up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start may receive a **credit**, less the minimum \$10.00 non-refundable deposit*, towards another Recreation program provided that a wait list participant fills the spot and/or the minimum level of participants has been reached.
- Participants who withdraw from a program less than five business days before the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds and/or credits will not be given for early termination of a program by the participant.
- **Program Transfers** – If space allows participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference prior to attending the program.

***Please Note:** Some programs have a different minimum deposit or refund/credit policy (i.e. Skiing, Sailing, Discover the Fun, etc.) which are noted in the program brochure.

Program Cancellations

Please call the cancellation line **(781) 862-0500 ext. 706** or check the Recreation Department web site when you have any doubts about the weather.

RECREATION COMMITTEE

Rick DeAngelis, Chairperson

Richard Thuma, Vice Chairperson

Sandra Shaw

Howard Vogel

Wendy Rudner

RECREATION STAFF

Karen Simmons, CTRS, CPRP ~ Director of Recreation

Sheila Butts, CPSI, CYSA ~ Assistant Director

Peter Coleman, CPRP, CYSA ~ Supervisor

Sandy Alexander ~ Administrative Assistant

Cherie Robinson ~ Department Clerk

Helpful Telephone Numbers & Web Sites**Recreation Department****(781) 862-0500 ext. 262****Online Registration Link****<http://www.lexingtonma.gov/recreationdepartment.cfm>****Recreation Program Recorded Information & Cancellations****(781) 862-0500 ext. 706**

Coed Softball

Peter Coleman

(781) 862-0500 ext. 262

Lexington Community Education

(781) 862-8043

Lexington Little League

www.lexingtonlittleleague.org

LexFUN (formerly Lexington Preschool PTA)

www.lexfun.org

Lexington Senior Center

(781) 861-0194

Lexington Youth Basketball

lybinfo@gmail.com

Lexington United Soccer Club

www.lexingtonsoccer.org

(781) 674-1028

Liberty Athletic Girls Track Club

Information

(508) 791-8103

Men's Senior Softball

Bill Popkin

(781) 863-1250

Men's Winter and Summer Basketball

Peter Coleman

(781) 862-0500 ext. 262

Moms on the Mound

Sheila Butts

(781) 862-0500 ext. 262

Pop Warner Football

www.lbhpopwarner.com

Youth Hockey

www.lbyh.net

Youth Lacrosse

www.lexingtonlax.org

We would like to take this opportunity to thank all of the seasonal employees and community service volunteers for a job well done. Their commitment, enthusiasm, humor, tireless efforts and professionalism made this summer a wonderful success!

We also wish to express our appreciation to each individual and family who participated in our summer programs or used our aquatic facilities. We look forward to seeing you in our fall, winter and spring activities, and again next summer.

THANK YOU!**Lexington Recreation Staff**

PRE-SCHOOL AND KINDERGARTEN PROGRAMS

PRE-SCHOOL TENNIS LESSONS

\$50

Ages: 4 & 5
Dates: 5 Tuesdays, Sept. 21—Oct. 19 or
 5 Wednesdays, Sept. 22—Oct. 20
Times: 2:00—2:30 p.m. or 2:45—3:15 p.m.
Location: Gallagher Tennis Courts 1 & 2 at the
 Center Recreation Complex

Lexington Recreation is pleased to offer this fall tennis program for children ages 4 & 5. Instruction will focus on introducing youngsters to the sport of tennis and basic stroke development. *Maximum 6.*

Intro to KIDS JUST LOVE CRAFTS FREE

Ages: 2—4 plus parent or guardian
Date: Thursday, September 16
Time: 10:00 — 10:45 a.m.
Location: Cary Hall ~ Estabrook Hall

Parents and children ages 2—4 are invited to **try out** our popular Kids Just Love Crafts Class at no charge on Thursday, September 16 from 10:00—10:45 a.m. **Pre-registration is required for this one time free class.**

KIDS JUST LOVE CRAFTS

\$72/session

Ages: 2—4 plus parent or guardian
Fall 2010: Thursdays, Sept. 30—Oct. 28
 Thursdays, Nov. 4—Dec. 23 (no 11/11, 11/25)
Location: Cary Hall ~ Estabrook Hall
Winter 2011: Thursdays, Jan. 13—Feb. 17, 2011
 Thursdays, Mar. 3—Apr. 7, 2011
Time: 10:00—10:45 a.m.

Glue, paint, color, cut, sprinkle and make a mess. It's all part of the fun! This class encourages children's creativity and teaches children to be proud of their accomplishments. Each 45-minute class includes 2 crafts and stories or songs (whatever time allows). *Maximum 10.*

MOMMY/DADDY AND ME KAYAKING

\$125

Ages: 2—5 with one parent
Dates: Mondays, Sept. 20—Oct. 4
Time: 2:00—3:30 p.m.
Location: Old Reservoir

This program is offered by Still River Outfitters. In addition to safe paddling skills and safety, parents learn to adapt proven strategies to comfortably paddle with their toddler. *Maximum 6 adult/child pairs.*

KINDERGARTEN TENNIS LESSONS

\$50

Ages: 5 & 6 (enrolled in Kindergarten)
Dates: 5 Tuesdays, Sept. 21—Oct. 19
Times: 3:30—4:00 p.m. or 4:15—4:45 p.m.
Location: Gallagher Tennis Courts 1 & 2 at the
 Center Recreation Complex

Lexington Recreation is pleased to offer this fall tennis program for children ages 5 & 6 who are enrolled in Kindergarten. Instruction will focus on introducing youngsters to the sport of tennis and basic stroke development. *Enrollment is limited to 6 per class.*

SMART START BASKETBALL

\$60

Ages: 5—7 with a parent
Dates: Jan. 15—Mar. 5, 2011 (no 2/19, 2/26)
Time: 9:15—10:15 a.m.
Location: Bridge School Gym

This program will teach children (and parents) a variety of basketball skills including dribbling, ball handling, shooting, passing, catching, and running in a fun, non-threatening environment and allow participants to work one-on-one with a parent. A parent must attend and *space is limited*, so register early!

VIKING PRE-SCHOOL SOCCER CLINIC

\$75

Ages: 4 & 5
Dates: 6 Fridays, Sept. 24—Oct. 29
Times: 3:45—4:30 p.m. or 4:45—5:30 p.m.
Location: Bridge School Field

The ever popular Viking Sports Camps return to Lexington this fall to introduce the game of soccer to boys and girls ages 4 and 5. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45 minute program and are encouraged to participate with their child. *Enrollment is limited to 28 per class.*

THUNDERCAT MINI SPORTS JAM

\$70

Ages: 4 & 5
Dates: Tuesdays, Sept. 21—Oct. 19
Time: 2:30—3:15 p.m.
Location: Muzzey Field

Come have a ball with Thundercat Sports! This fun program will include soccer, basketball, softee hockey, and other unique games which may include Sponge Bob Tag and Finding Nemo. Emphasis will be on some basic skill building, developing hand eye coordination, teamwork, and FUN! *Enrollment is limited.*

EARLY CHILDHOOD MUSIC

\$180/session

Ages: 1—5 with parent/caregiver
Dates: Tuesdays, Sept. 21—Nov. 16
 Tuesdays, Nov. 30—Jan. 25
 Thursdays, Sept. 23—Nov. 18
 Thursdays, Dec. 2—Jan. 27
Times: 9:00—9:45 a.m. or 10:00—10:45 a.m.
Location: The Real School of Music
 56 Middlesex Turnpike, Burlington

Lexington Recreation is partnering with the Real School of Music to offer an exciting, fun-filled Early Childhood Family Music program for infants through 5-year olds. The program features instruction in the fundamentals of music, rhythm, movement, listening, singing and instrument playing, and give children a head start on a lifetime of appreciation of music. The nine, 45-minute sessions allow children and parent/caregiver to participate at their own level using a family-oriented approach to music making.

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YOUTH AND TEEN PROGRAMS

CHESS CLASSES

Students in each of the Chess classes will join Jim Della Selva to explore chess theory starting from the basic to more advanced levels. The course will consist of instruction, play and group work. **All fall classes will be held in Room G15 of the Town Office Building.** The location of the winter classes has yet to be determined. *Maximum 12 per class.*

Beginner Chess

Ages: 5—12
Fall: 8 Wednesdays, Sept. 22—Nov. 10 **\$125**
 4 Wednesdays, Nov. 17—Dec. 22 (no 11/24, 12/1) **\$65**
Time: 4:35—5:35 p.m.
Winter: 8 Wednesdays, Jan. 12—Mar. 9, 2011 (no 2/23) **\$125**
Times: 4:35—5:35 p.m. or 5:35—6:35 p.m.

Intermediate Chess

Ages: 6—12
Fall: 8 Tuesdays, Sept. 21—Nov. 9 **\$125**
 4 Tuesdays, Nov. 30—Dec. 21 **\$65**
Winter: 8 Tuesdays, Jan. 11—Mar. 8 (no 2/22)
Time: 4:35—5:35 p.m.

Advanced Chess

Ages: 7—14
Fall Dates: 8 Tuesdays, Sept. 21—Nov. 9 **\$125**
 4 Tuesdays, Nov. 30—Dec. 21 **\$65**
Winter Dates: 8 Tuesdays, Jan. 11—Mar. 8 (no 2/22) **\$125**
Time: 5:35—6:35 p.m.

FUN-DAMENTALS OF FENCING

Ages: 7—14
Session 1: Special Attacks and Sabre
 6 Tuesdays, Sept. 28—Nov. 2
Location: Cary Hall ~Estabrook Hall
Session 2: Dodging Techniques and Rapier
 6 Tuesdays, Nov. 16—Dec. 21
Location: Hastings School Gym
Session 3: Special Defenses and Sabre
 6 Tuesdays, Jan. 25—Mar. 8 (no 2/22)
Location: Hastings School Gym
Time: 6:30—7:30 p.m.

Fence without buying expensive equipment with Mythquest Edutainment. Use our safe practice equipment to learn footwork, attack and defense techniques. Whether you are new or experienced, you will learn new techniques and will get to try out your new skills in duels and sword games each week. The classes are a series of four offered to get a good footing in basics and a variety of more advanced techniques. Each session teaches specific advanced techniques not shown in the others. Session 4 dates will be listed in our Spring Brochure.

YOUTH INTRODUCTION TO KAYAK

\$110

Ages: 10—15
Dates: Mondays, Sept. 20—Oct. 4
Time: 3:30—5:00 p.m.
Location: Old Reservoir

This course is designed for children ages 10—15. The same skills, strokes and safety information will be covered as in the Introduction to Kayak class for adults. Children will learn in a cooperative environment with peers; skills will be practiced through exciting games and fun challenges. Instruction provided by Still River Outfitters. *Maximum 6.*

KOOL SCIENCE FOR CURIOUS KIDS

\$150

Ages: 6—11
Dates: Fridays, Oct. 1—Nov. 19
Time: 3:30—4:30 p.m.
Location: Cary Hall ~ Robbins Room

Have a fun time observing, hypothesizing, and testing your own ideas as we delve into magnetism, sound design technology, and flight. Hands on projects, use of the scientific method and *learning by doing* will be emphasized. The instructor for this class is Bill Richard. *Class size limited. Register early.*

THUNDERCAT SPORTS FLAG FOOTBALL CLINIC

\$75

Dates: Tuesdays, Sept. 21—Oct. 19
Location: Muzzey Field
Ages: 5—7
Time: 3:30—4:30 p.m.
Ages: 8—12
Time: 4:30—5:30 p.m.

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Throw it, catch it, punt it! Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia and more. Emphasis will be on learning, participating, and having FUN in a non-competitive atmosphere. Skills taught include passing, catching, offensive/defensive strategies, and more. The five-week clinic will culminate with a mini-Super Bowl tournament. The clinic is coed and participants will receive a sport related item. Please wear sneakers and appropriate clothing for outdoor play, and bring a water bottle.

FALL BASKETBALL MINI-CLINIC

\$90

Ages: 7—11
Dates: 6 Saturdays, Sept. 25—Oct. 30
Time: 10:00 a.m.—12:00 noon
Location: Bridge School Gym

Get ready for the fall and winter basketball season!

Bob Farias will direct this six-week, Saturday morning clinic for boys and girls in grades 2—5. The program is designed to teach and reinforce basic individual and team skills through demonstrations, drills, contests and non-competitive games. The program is coed. Participants should bring a basketball and water bottle and wear sneakers.

YOUTH AND TEEN PROGRAMS

YOUTH TENNIS LESSONS

The Fall Youth Tennis Lessons are designed to introduce children Ages 7—14 to the life-long sport of tennis. The participants will learn the basic rules of tennis, work on stroke development, and serves (when appropriate) through drills and games. Lessons will be held at the Gallagher Tennis Courts (1 & 2) at the Center Recreation Complex. *Enrollment is limited to 6 per time slot.*

Ages 7 & 8

\$50

Dates: 5 Thursdays, Sept. 23—Oct. 21
Times: 2:00—2:30 p.m. **or** 2:45—3:15 p.m.

Ages 9, 10 & 11

\$50

Dates: 5 Thursdays, Sept. 23—Oct. 21
Times: 3:30—4:00 p.m. **or** 4:15—4:45 p.m.

Ages 12, 13 & 14

\$75

Dates: 5 Wednesdays, Sept. 22—Oct. 20
Times: 3:30—4:15 p.m. **or** 4:30—5:15 p.m.

ADAPTIVE BASKETBALL PROGRAM

\$60

Ages: 7—16
Dates: Saturdays, Jan. 15—Mar. 5 (no 2/19, 2/26)
Time: 10:30 a.m.—12:00 noon
Location: Bridge School Gym

This program is designed to offer children with a cognitive or physical disability the opportunity to learn and play basketball in a cooperative, non-threatening environment. The program takes into consideration the needs and abilities of every participant, and modifications are made to the game and training to allow full participation and enjoyment for each child. Volunteers are welcome!

ARCHERY

\$110

Ages: 9—14
Dates: 5 Thursdays, Sept. 23—Oct. 21
Time: 3:30—5:00 p.m.
Location: Bridge School Field

During this five week program participants will learn to shoot a bow and arrow with Archery USA in this Junior Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace.

LIGHTNING YOUTH CROSS COUNTRY

\$60

Ages: 8—14
Dates: Wednesdays, Sept. 22—Oct. 27
Time: 5:30—6:30 p.m.
Location: Lincoln Park (meet at picnic area)

This six-week program is designed to introduce children to the world of cross country running. Participants will learn stretching and warm up techniques, and build the skills necessary to run a short cross country course at Lincoln Park. Parent volunteers are needed, welcomed, and appreciated!

STAGE COMBAT CLASS

\$264

Ages: 13+
Dates: Wednesdays, Sept. 22—Nov. 24
Time: 6:30—8:00 p.m.
Location: Guard Up!, Burlington

Zorro, Captain Jack Sparrow, Aragon, Darth Vader and others...the spirit and fun of movies and books come alive in this class. Join Guard Up! and learn the basics in safe stage combat then use what you learn to create your own scenes. Some classes use video recording to help students see their performance improve. Learn sword fighting, falls and more! This is THE class for students interested in acting, theater and film. Learn the art that goes into acting and choreographing staged combat. Make video clips and edit together scenes to share with your fellow choreographers and fans. In addition to the course fee students must purchase (\$53.25) or lease (\$20.00) an Action Flex Long Sword for the program.

POINTS AND POWERS CLASS

\$264

Ages: 10—15
Dates: Saturdays, Sept. 18—Nov. 20
Time: 4:00—5:30 p.m.
Location: Guard Up!, Burlington

Is your Jedi running around the yard whacking at trees with a stick sword? Does your Hobbit dream of taking on a dragon or army of zombies and monsters? Is it a struggle to get your teenager to unplug from the computer and get active? If so, Guard Up! has a class for your young warrior! Imagine a class where kids and teens are challenged physically as well as mentally in an environment that promotes education through entertainment. At Guard Up!, they pick up safe foam swords and work as a team to solve mysteries, fight monsters and win treasure. Help your hero or heroine unplug from the computer and challenge his or her mind and body in a live adventure filled with energy and creativity! In addition to the course fee students must purchase (\$53.25) or lease (\$20.00) an Action Flex Long Sword for the program.

The Lexington Recreation Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, or relocated due to space availability. Programs are subject to change in personnel. The Recreation Department does not confirm program registrations. If you register for a program online please make sure that you print out the receipt for your records.

Before registering for a program please check your calendar for possible conflicts. Refunds or credits ARE NOT guaranteed. Please refer to the department's Refund Policy located inside the front cover of the brochure and posted on our web site.

NEW

NEW

Youth Basketball Clinic for Grades 2—4



Saturdays, January 8 through March 26, 2011 (no 2/19 and 2/26)

Early Registration Fee: \$85

Registration after December 10: \$95

The Youth Basketball Clinic is designed as an instructional program in which the basic skills of basketball will be introduced and reinforced through drills and scrimmage games. This program will be on Saturday mornings.

All children must be register in advance with the Recreation Department. This is a very popular program and spots are limited. Participants MAY NOT request placement with a particular coach or friend. The program is limited to Lexington residents ONLY.

2nd Grade Girls: 9:00-10:30 a.m. Fiske
3rd Grade Girls: 9:00-10:30 a.m. Diamond
4th Grade Girls: 9:00-10:30 a.m. Clarke

2nd Grade Boys: 10:45 a.m.-12:15 p.m. Fiske
3rd Grade Boys: 10:45 a.m.-12:15 p.m. Diamond
4th Grade Boys: 10:45 a.m.-12:15 p.m. Clarke



In-Town Recreation Basketball Leagues Grades 5—8

Weeknights and Saturdays, November 22, 2010 - March 19, 2011 (no 11/24-11/27, 12/20-1/1, 1/17, or 2/19-2/26)

Early Registration Fee: \$145

Registration after October 15: \$155

The In-Town Basketball League is an organized recreational basketball program for students currently enrolled in Grades 5-8. There is a separate 5th/6th league and a 7th/8th grade league and the leagues are gender-specific. Participants will be evaluated and placed on teams. Every effort is made to create teams of equal skill. Fundamentals, skill development, teamwork, and sportsmanship will be emphasized while competitiveness is kept to a minimum. All players must dress appropriately; jeans and jewelry are not allowed. The teams will practice for 1 hour one night a week and games will be played on Saturday afternoons. Practice and game time will rotate throughout the season and **all practices and games will take place at either the Clarke Middle School or Diamond Middle School. Information about the specific start date of practices and games for each league will be emailed to all participants in mid-November.**

5th/6th Grade Girls

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Thursdays
Games: 12:30 p.m. or 1:35 p.m. on Saturday afternoons

5th/6th Grade Boys

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Tuesdays or Wednesdays
Games: 2:45 p.m., 3:50 p.m., 4:55 p.m., or 6:00 p.m. on Saturday afternoons

7th/8th Grade Boys

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Mondays or Thursdays
Games: 1:00 p.m., 2:05 p.m., or 3:10 p.m. on Saturday afternoons

High School Basketball League Grades 9-12



Saturdays, December 4, 2010 - February 12, 2011 (no 12/25 and 1/1)

Early Registration Fee: \$100

Registration after October 15: \$110

This new 9-week High School Basketball League will provide students currently enrolled in Grades 9-12 with the opportunity to play basketball once a week this winter. Participants are evaluated and placed on teams and every effort will be made to create teams of equal skill. Teamwork and sportsmanship will be emphasized while competitiveness is kept to a minimum. All players must dress appropriately; jeans and jewelry are not allowed. There will be **no weeknight practices** and **games will be played on Saturday afternoons at 4:15 p.m. or 5:20 p.m. at the Diamond Middle School.**

**** Notice for In-Town Grades 5-8 and High School Basketball Leagues****

All participants must register in advance with the Recreation Department. There is a \$25 non-refundable deposit (included in the registration fee) for these programs. Late registrations will be accommodated ONLY if space is available. Participants MAY NOT request placement with a particular coach or friend. This program is open to Lexington residents ONLY.

The success of the Youth Basketball Clinic, the In-Town Basketball Leagues, and High School Basketball League depends greatly upon volunteer coaches. If we do not get volunteers to coach these programs, the number of participants accepted could be seriously affected, or the program cancelled. Volunteers interested in coaching or being a coaching assistant in the Youth Basketball Clinic or In-Town Leagues are asked to contact the Recreation Department at (781) 862-0500 ext. 262.

YOUTH AND TEEN PROGRAMS

YOUTH WRESTLING CLINIC

\$ 250

Ages: 11—14
Dates: Tuesday & Thursday, Nov. 30—Feb. 3
(no 12/16, 12/21, 12/23, 12/28, 12/30, 1/11)
Time: 6:00—7:30 p.m.
Location: Lexington Christian Academy, Bartlett Avenue

Come learn wrestling from a program that has been undefeated in Eastern Independent League wrestling over the last 5 years! Practice and learn the basics under LCA Middle School Head Coach Mark Getchell, as well as additional program coaches and all-league wrestlers! This program is for all sizes and weights. The opportunity to wrestle in tournaments will also be available for an additional fee.

INTRODUCTION TO ROCK WALL CLIMBING **\$160**

Ages: 10—16
Dates: 7 Tuesdays, Sept. 28—Nov. 9
Time: 6:30—7:30 p.m.
Location: Lexington Christian Academy
48 Bartlett Avenue

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Come learn the methods and techniques of rock climbing on the fantastic rock wall located at Lexington Christian Academy. Participants will learn techniques for climbing and belaying, and will receive instruction from a group of coaches that include a certified rock wall instructor.

REAL SCHOOL OF MUSIC COURSES **\$120/6 CLASSES**

We are pleased to again partner with the Real School of Music, 56 Middlesex Turnpike, Burlington to offer a series of music classes this fall for youth and teens. Classes include Intro to Guitar, Intro to Keyboard, Intro to Singing, Intro to Drums, Intro to Digital Recording, and Bluegrass Banjo for Beginners and Intermediates. Classes are 45 minutes each and are held Monday through Thursday afternoons or evenings and Saturday mornings September and October. In addition to the registration fee students may need to purchase a method book (available at the Real School). Students in the Guitar class will have to supply their own acoustic guitar and students in the Drum class are required to bring their own drumsticks. For course specific information please look at our online registration pages: www.lexingtonma.gov/recreationdepartment.cfm and click on the Online Registration link.

SCHOOL VACATION PROGRAMS

DECEMBER CHESS CLINIC

\$125

Ages: 6—13 (beginner and intermediate level)
Dates: Monday—Thursday, December 27—30
Time: 9:30—11:30 a.m.
Location: TBA

Join Jim Della Selva for a four-day Chess Clinic. This program will provide beginner players with the opportunity to learn more about the game. Participants should bring a chess board and be ready for fun. The registration fee includes a \$25.00 non-refundable deposit. Registration deadline is December 17th.

THEATERIFFICS

\$250

Ages: 6—13
Dates: Tuesday—Friday, February 22—25
Time: 9:00 a.m.—4:00 p.m.
Location: TBA

Back by popular demand, Kidstock Creative Theater returns to offer every child an active part in the creative process of theater as actors, playwrights, artists and musicians. Children need to bring their own morning and afternoon snack and lunch. The final day will conclude with a performance for parents and friends to come and enjoy. The theme for the week has not been announced. The registration fee includes a \$25.00 non-refundable deposit. The registration deadline is January 21st.

FEBRUARY CHESS CLINIC

\$125

Ages: 6—13
Dates: Tuesday—Friday, February 22—25
Time: 9:30—11:30 a.m.
Location: TBA

Join U.S. Chess Federation expert Jim Della Selva for a four-day Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game. Participants should bring a chess board and be ready for a fun, challenging week. The registration fee includes a \$25.00 non-refundable deposit. Registration deadline is February 11th.

ONLINE REGISTRATION AVAILABLE

The Lexington Recreation Department now offers online registration for the convenience of its customers. In order to access our ONLINE Registration program please go to: www.lexingtonma.gov/recreationdepartment.cfm

From here click on the online registration link and follow all registration directions.

It is now possible to set up an individual/family online account, so that you do not have to reenter your information each time you register. It also allows you to track your previous or current transactions. Once your registration is complete you should print a receipt. This will serve as your confirmation and fact sheet. If a program is full, you may add your name to the wait list. Payment must be in full at the time of registration by MasterCard, VISA, or Discover. The financial information gathered from any internet transaction will not be maintained by the Town.

NASHOBA VALLEY SKI AREA YOUTH SKI AND SNOWBOARD PROGRAMS

SKI LESSONS FOR GRADES 2—5



FEE: \$265

6 Thursdays

January 6—February 10, 2011

1:00—5:00 p.m.

The Thursday Afternoon Ski package includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. Buses leave the Town Pool parking lot on Worthen Road at 1:00 p.m. and return at 5:00 p.m.

For parents who would prefer to drive their children each week to Nashoba, the Thursday Lesson Program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$205.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 17, 2010.*

Equipment rentals will be fitted for those registered for the program on Thursday, December 9, 2010 at Cary Hall from 6:00—7:30 p.m. The price for rentals is \$95, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee will be \$105.)

SNOWBOARD LESSONS FOR GRADES 4 & 5

FEE: \$265



6 Thursdays

January 6—February 10, 2011

1:00—5:00 p.m.

The Thursday Afternoon Snowboard package for children in **Grades 4 and 5 only** includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. Buses leave the Town Pool parking lot on Worthen Road at 1:00 p.m. and return at 5:00 p.m.

For parents who would prefer to drive their children each week to Nashoba, the Thursday Lesson Program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$205.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 17, 2010*

Equipment rentals will be fitted for those registered for the program on Thursday, December 9, 2010 at Cary Hall from 6:00—7:30 p.m. The price for rentals is \$95, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee will be \$105.00.)



FRIDAY NIGHT SKI AND SNOWBOARD LESSONS FOR GRADES 6—12

FEE INCLUDING LESSONS: \$250

FEE WITHOUT LESSONS : \$220



5 Fridays

January 7—February 4, 2011

5:30—10:45 p.m.

Participants will leave by bus from the Lexington High School Parking lot on Worthen Road promptly at 5:45 p.m. and will return by 10:45 p.m. The Ski or Snowboard package includes transportation, lift tickets and five one-hour lessons *for those who have selected the lesson option when registering*. Parent volunteers will act as chaperones. The fee includes a non-refundable \$50.00 deposit. **Before registering please consider possible conflicts, such as Friday evening sports and music commitments, etc. Refunds will not be guaranteed for cancellations after December 17, 2010.**

Equipment rentals will be fitted for those registered for the program on Thursday, December 9, 2010 at Cary Hall from 6:00—7:30 p.m. The price of rentals is \$85 for skis or snowboards, payable to Nashoba Valley at the fitting.. (At Nashoba the rental fee is \$95.)

The choice of taking a ski or snowboarding lesson MUST be made when registering for the program.

IF YOU REGISTER FOR THE FRIDAY NIGHT PROGRAM YOU MUST GO TO AND FROM

NASHOBA VALLEY ON THE BUS.

The success of our youth ski and snowboarding programs depends on parent volunteers. If you are available to volunteer for the Thursday or Friday Program please contact the Recreation Department with the dates you are available to assist us!

Adult Programs

R.A.D. WOMEN'S SELF DEFENSE \$50

Ages: Women only 17+
Dates: 4 Mondays, Nov. 1, 8, 15 & 22
Time: 6:00—9:00 p.m.
Location: Clarke Middle School Gymnasium

The Lexington Police Department and the Lexington Recreation Department are proud to again be collaborating on this very important Women's Self Defense Program. Over the course of this 4-week program, taught by Lexington Police Officer Charles Crayton, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principles of defense. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class. Enrollment limited.

BODY CORE: A Total Fitness Class \$125

Ages: 18+
Dates: **Fall** — Mon. & Thurs., Sept. 20—Dec. 16
(no 10/11, 10/25, 11/11, 11/18, 11/25, 12/2)
Winter—Mon. & Thurs., Jan. 10—Mar. 28
(no 1/17, 2/21, 2/24)
Time: 6:00—7:30 p.m.
Location: Hastings School Gym

This class is energetic and fun, and is accessible to all levels of ability and ages. Each class consists of choreographed dance/aerobics combinations, Pilates core strengthening exercises, and yoga stretching that will improve posture and range of movement. Various equipment is used in this class for the core conditioning exercises. Please bring a roll-up yoga mat, hand weights, and good aerobics or cross training shoes. Running shoes should not be worn in this class. Ellen Gaies is a certified Aerobics and Pilates Instructor.

INTRODUCTION TO KAYAK \$110

Ages: 15+
Dates: Mondays, Sept. 20—Oct. 4
Time: 5:00—7:00 p.m.
Location: Old Reservoir

Introduction to Kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. Instruction provided by Still River Outfitters. *Maximum 6.*

INDOOR GOLF LESSONS \$75

Ages: 16+
Dates: Mondays, Jan. 24—Feb. 28 (no 2/21)
Time: 7:00—8:00 p.m.
Location: Lexington High School Field House

Get a head start on improving your golf game for the Spring. Join Jason Rajotte, LHS Physical Education Instructor, coach, strength and conditioning coordinator and 2010 Junior Golf League Instructor for a series of five one-hour golf lessons at the LHS Field House and get into the **SWING for SPRING!**

GET UP 'GO ADVENTURES \$83

Short Cycling Adventures with Lee & Bob Evans

Get Up'N Go's mission is the fostering of fitness and a cheerful outlook on life through exploration of suburbia's back roads and green spaces by bicycle. The rides take advantage of nearby conservation areas and scenic roadways to show off the beauty of New England fall's scenery. Choose easy to take *Soft Spoke'N* bicycle tours; *Out Spoke'N* rides are designed for those not intimidated by occasional hills and willing to tackle some off-road riding on "civilized" surfaces. Hybrid or mountain bikes only. All participants in cycling programs must wear ANSI and/or CPSC-approved helmets and must bring a bike in good working condition. *Starting locations differ each week but are generally within a half hour of the Burlington, Weston, Winchester, Lexington area.* Events are designed to take about two hours.

SOFT SPOKE'N — Social and Relaxed Bicycling Adventures

Tuesdays

Time: 12:00 – 1:45 p.m.
Six sessions: Sept. 21, 28, Oct. 5, 12, 19, 26

OUT SPOKE'N— Intermediate Bicycling Adventures

Tuesdays

Time: 9:30 -11:30 a.m.
Six sessions: Sept. 21, 28, Oct. 5, 12, 19, 26

Wednesdays

Time: 9:30 – 11:30 a.m.
Six sessions: Sept. 22, 29, Oct. 6, 13, 20, 27

Fridays

Time: 9:30—11:30 a.m.
Six sessions: Sept. 24, Oct. 1, 8, 15, 22, 29

SOLE SEARCH'N - Fall Walking Adventures with Lee and Bob Evans— New Time

We'll be exploring the woods and byways of nearby towns. Sturdy walking shoes or hiking boots are recommended. Walking sticks are also helpful.

Wednesdays

Time: 12:00—2:00 p.m.
Six sessions: Sept. 22, 29, Oct. 6, 13, 20, 27

YOGA CLASSES \$120/session

Fall : Tuesdays, Sept. 21—Dec. 14 7:30—8:30 p.m. (no 11/2)
Thursdays, Sept. 23—Dec. 23 7:00—8:00 p.m. (no 11/11, 11/25)

Fall Location: Cary Hall ~ Robbins Room

Winter: Tuesdays, Jan. 11—Apr. 5 7:30—8:30 p.m. (no 2/22)
Thursdays, Jan. 13—Apr. 7 7:00—8:00 p.m. (no 2/24)

Winter Location: TBD

Join Certified Yoga Instructor Keith Herndon in this physically balancing workout of YOGA. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should wear loose fitting clothes and bring a Yoga mat.

MEN'S WINTER BASKETBALL LEAGUE \$300/team

The league will run from January-March on Monday-Wednesday nights from 8:00—10:00 p.m. at the Diamond Middle School. The registration fee covers equipment, scorekeepers, and facility use fees. You may register as a team or an individual. The season will consist of 10 games plus single elimination playoffs. Contact the Recreation Department at (781) 862-0500 ext. 262 for more information.

BALLROOM DANCE CLASSES

\$125/resident couple/session

\$135/non-resident couple/session

Dates: **Fall**—Tuesdays
Sept. 21—Dec. 7, 2010 (no 9/28, 11/2)
Winter—Tuesdays
Jan. 11—Mar. 29, 2011 (no 2/15, 2/22)

Location: Bridge School Gymnasium

Beginner Ballroom 6:30—7:30 p.m.

Join Steve White as the basic steps of the Fox Trot, Cha Cha, Waltz and Swing dance are covered. Just the thing for the holidays or that upcoming wedding.

Level II and Advanced Ballroom 7:30—8:30 p.m.

Building on the foundations from Beginner Ballroom, this course, under the instruction of Steve White, seeks to improve those steps, as well as provide an introduction to Tango and Rumba for intermediate dancers. The more advanced dancers will have the opportunity to brush up on their style, and learn more advanced Latin and American Ballroom dances.

INSTANT GUITAR FOR HOPELESSLY BUSY

ADULTS AND TEENS 16+ \$30 + Materials Fee

Date: Wednesday, November 10
Time: 6:30—9:00 p.m.
Location: Town Office Building Room G15

Have you ever wanted to learn the guitar but simply find it difficult to find the time? This one night, crash course will teach you basic chords and get you playing along with your favorite songs right away. Bring an acoustic guitar to class. Limited to 15 students ages 16+. *The class fee of \$30 is payable at the time of registration. A \$28 materials fee (workbook and DVD) will be collected at the class.*

ADULT FENCING CLASS \$180/session

Ages: 16+
Dates: Mondays, Sept. 20—Nov. 22 7:00—8:00 p.m.
Dates: Tuesdays, Sept. 21—Nov. 23 8:00—9:00 p.m.
Location: Guard Up!, Burlington

NHow often have you thought to yourself: “I’ve always wanted to give that a try”...Well, here’s your chance. Start out by **e** learning the “footwork” and progress on to picking up a foil **W** and experience a real fencing bout. Stand face-to-face with your opponent, salute, and then...*En Garde!* Guard Up! is a sanctioned USFA Club with USFA Certified Instructors. Courses are taught using Positive Coaching Techniques which emphasize learning and improvement over winning, and place more emphasis on education than on competition. However, students who are interested can attend tournaments all the way to the national level. In addition to program registration fee students must purchase (\$240) or rent (\$79) the foil, mask, glove, jacket and plastron.

ZUMBA Introductory Class

Not sure what ZUMBA is all about? Come to this one time introductory class on **Wednesday, September 22nd at Saint Brigid Parish Center, 1997 Mass. Ave.** and find out. Check-in is at 6:45 p.m. Class runs from 7:00—8:00 p.m. and is **FREE**, but attendees are asked to make a donation to *Susan G. Komen for the Cure*. Pre-registration is strongly recommended as space is limited. Donations (checks please) will be collected at the program. Contact janswartz@mac.com with questions. Join us at this Zumbathon and support the *Susan G. Komen for the Cure!*

ZUMBA (Dance & Exercise)

\$100/ one day per week

\$150/ two days per week

\$200/ three days per week

Dates: **Mondays**, Sept. 27—Nov. 22 (no 10/11)
Fridays, Oct. 22—Dec. 17 (no 11/26)
Time: 9:30—10:30 a.m.
Location: First Parish Church
Dates: **Wednesdays**, Sept. 29—Dec. 8
(no 11/10, 11/24, 12/1)
Time: 6:45—7:45 p.m.
Location: Bridge School Gymnasium

Zumba is a Latin inspired dance/fitness class for all ages (16+). It fuses aerobics, body sculpting, and core conditioning with energized music and dance movements. Zumba is very easy to learn and no dancing experience is needed. So come alone or with a friend and join the party...fitness training has never been so much fun...UNTIL NOW. *Participants should indicate the days they will attend when registering.*

FITNESS BOOT CAMP FOR WOMEN

Fee: **\$175/2 days per week (20 classes)**
\$100/1 day per week (10 classes)
Ages: 23+
Dates: 10 Weeks (Tuesday & Thursday)
Sept. 7—Nov. 11
Time: 6:00—7:00 a.m. **RAIN or SHINE**
Location: Lincoln Park Field # 2

This highly regarded and very popular fitness program designed specifically for women incorporates upper and lower body weight exercise as well as cardiovascular activities. Band work and many body weight exercises are included. Paul McManus, Summer Conditioning Instructor for the past 8 years and former Lexington PE instructor will lead this new program. All levels of ability are welcome with a doctor’s certificate.

AMERICAN RED CROSS CLASSES

The Lexington Recreation Department will offer CPR/AED and CPR for the Pro Rescuer re-certification classes in March 2011. Information will be listed in our Winter flyer and posted online in mid-December.

Adult Programs

EVENING DROP IN PROGRAM

LEXINGTON HIGH SCHOOL FIELD HOUSE

November 1, 2010—April 14, 2011

- **JOGGING (all ages)**
Monday—Thursday **7:15—9:00 p.m.**
- **ADULT PICK UP BASKETBALL (20+)**
Monday (Nov., Dec., Mar. & Apr.) **7:15—9:30 p.m.**
Monday (Jan. & Feb) **8:30—9:45 p.m.**
Tuesday **7:15—8:15 p.m.**
Thursday **7:15—9:30 p.m.**
- **ADULT PICK UP INDOOR SOCCER (20+)**
Tuesday **8:15—9:45 p.m.**
Wednesday **7:15—9:45 p.m.**
- **INDOOR GOLF LESSONS****
Mondays (January & February) **7:00—8:00 p.m.**

The **Evening Program Season Membership** fee is **\$50.00** for Lexington residents; **\$75.00** for non-residents. Photo Identification is required when purchasing a membership card. The daily fee is **\$3.00** for residents/ **\$5.00** for non- residents.

** participation requires separate registration & payment.

EARLY MORNING ADULT DROP IN at the LHS FIELD HOUSE & GYM

- Ages:** 18+
- Dates:** Monday, Wednesday & Friday
September 2010—August, 2011
- Time:** 6:15—7:15 a.m.
- Fee:** \$75/Lexington residents
\$95/Non residents

Season membership cards **are required** for this morning drop in program. The pass is also valid for the adult evening drop in programs at the LHS field house (November—April). **The program will not run on holidays.**

TENNIS COURT RESERVATIONS

**Available at the Recreation Department Office
Through October 2010**

Monday through Friday 8:30 a.m.— 4:00 p.m.

- Fees:** \$40.00: Adult Tennis ID Card
\$30.00: Senior Tennis ID Card
Free: Hourly reservation with ID Card
\$5.00: Hourly reservation without ID Card
\$10.00: Lighted Court with ID
\$15.00: Lighted Court without ID

ADULT SKI & SNOWBOARD PROGRAMS

\$180

The adult program at Nashoba Valley is available for beginners thru advanced skiers or snowboarders. The program includes a six week session of lessons, lifts and rentals. Classes are available weekday mornings (with free skiing/riding from 9:00 a.m.—5:00 p.m.) or evenings (with free skiing/riding from 5:00—10:00 p.m. on lesson days) Adults **pick ONE day Morning or Evening** and come any six times throughout the season. Ski or Snowboard rentals are \$95.

- Dates:** 6 Mondays beginning Jan. 3, 2011
6 Tuesdays beginning Jan. 4, 2011
6 Wednesdays beginning Jan. 5, 2011
6 Thursdays beginning Jan. 6, 2011

Morning Lesson Time: 10:00 a.m.

Evening Lesson Time: 7:30 p.m.

Location: Nashoba Valley Ski Area

THE YOUNG AT HEART PROGRAM

\$160

- Ages:** 55+
- Dates:** 5 Mondays beginning Jan. 3, 2011

OR

5 Wednesdays beginning Jan. 5, 2011

Time: 9:00 a.m.—5:00 p.m.

Location: Nashoba Valley Ski Area

The Young at Heart program is for 55+ skiers who would like to ski with a pro peer or brush up on their skills. Complimentary coffee and donuts will be served at 8:30 a.m. This is a five week session and includes skiing from 9:00 a.m.—5:00 p.m.. Lessons are available Monday and Wednesday at 10:15 a.m. The ski rental fee is \$85.

BLUEGRASS BANJO FOR BEGINNERS

\$120

- Dates:** Tuesdays, Sept. 14, 28, Oct. 12, 26, Nov. 9, 23
- Time:** 7:30—9:00 p.m.
- Location:** Real School of Music
56 Middlesex Turnpike, Burlington

**N
E
W**

The Real School has recently launched its Traditional Music Project, led by Tim Rowell, formerly of Minuteman Music in Lexington. This class will be comprised of six sessions held every other Tuesday from 7:30—9:00 p.m. at the Real School in Burlington. It will be taught by seasoned professional Rich Stillman of the band *Southern Rail*. Participants will learn the basics of finger picking and back-up with an introduction to the great songs of the bluegrass repertoire.



**WE CAN TAKE YOU
THERE**

(781) 861-1210

60+ BEGINNER/ADVANCED BEGINNER

TENNIS LESSONS

\$50

Dates: Thursdays, Sept. 16—Oct. 21
Time: 10:00—11:00 a.m.
Location: Gallagher Tennis Courts 1 & 2 at the Center Recreation Complex

Don't let your lack of experience or playing time hold you back - **come join us for fun and exercise.** All you need is a pair of sneakers, a water bottle and a desire to have fun, learn a new skill or improve upon an old one. Tennis racquet is desirable, but not necessary. Class size limited to 8. Register early!

PINE MEADOWS GOLF CLUB

Pine Meadows Golf Club is owned by the Town of Lexington and managed by the New England Golf Corporation. Play on elevated tees, tree-lined fairways and the rolling greens of Lexington. NO METAL SPIKES ARE ALLOWED. Call the Pro Shop at (781) 862-5516 for schedules and tee times.

Golf ID cards are available at the Recreation Department Office for Lexington residents ONLY. The yearly \$10.00 Golf ID card entitles the holder to reserve a tee time up to 14 days in advance.

Golfers are encouraged to contact Pine Meadows Golf Club at (781) 862-5516 for information and fees for **Player "Loyalty" Discount Cards** and the Monday through Thursday (11:00 a.m.—3:00 p.m.) **Replay Option.**

FAMILY PROGRAMS

FALL FOLIAGE KAYAK TRIP

\$85/Age 16+ \$50/Age 6—15 with parent 5 & under Free with parent

Sunday, October 17 2:00—5:00 p.m.

Enjoy the beauty of fall in New England from a different perspective. An experienced guide from Still River Outfitters will lead you down the historic **Concord River** at a leisurely pace. No experience is necessary. All ages are welcome. Directions will be sent a couple days before the trip. Be sure to provide an email address at which you can be contacted. *Maximum 8.*

INTRODUCTION TO GEO-CACHING

\$75/Age 17+ \$40/Age 5—16 with parent 4 & under Free with parent

Thursday, December 2 4:00—6:00 p.m.

Location: Room G15 Town Office Building

Thursdays, December 9 & 16 3:30—5:30 p.m.

Locations: TBA

This course is focused on the up-and-coming activity of Geo-Caching, a modern day treasure hunting experience. You will learn how to get coordinates for a geo trip and learn the skills necessary to use a GPS system. Later on you will use the GPS to find a treasure of your own. This course, held at local conservation areas, is designed to be enjoyed by individuals, couples and families. Come on out and try something new with staff from Still River Outfitters! *Maximum 10.*

INTRODUCTION TO SNOWSHOEING

\$85/Age 17+ \$40/Age 5-16 with parent 4 & under Free with parent

**Monday, January 3 from 6:00—8:00 p.m.* and
Saturdays, January 8 & 15 from 9:00—11:00 a.m.**

Winter in New England is unique. Come and learn a fun and healthy way to enjoy and appreciate this special time of year! Explore local conservation areas as a family, couple or individual. Get outdoors, get some exercise and enjoy a new favorite pastime. Snowshoes will be provided for all adults (and children who are capable of effectively moving on their own for extended periods of time). Parents should bring sled or baby backpack to carry younger children. This course is designed to run with or without snow at local conservation areas. *Maximum 6. (*first class is in a classroom setting—location TBD)*

OTHER LEISURE PURSUITS

Sing Along Chorus This integrated special needs program for teens and young adults runs from September through May on Monday evenings from 7:00—8:30 p.m. The chorus is run by Special Needs Arts Programs, Inc.

Sing Along Singers is an integrated special needs program for adults. The program is held Wednesday evenings from 7:00—8:30 p.m. September through May.

Special Musicians is a program for children ages 4—10 with disabilities. Classes are held on Saturdays in Lexington through June. This program is led by music therapist Andrew Gentzow and run by Special Needs Arts Programs, Inc. For more information email: specialmusicians@hotmail.com

Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35+ miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~Nature path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

ED2GO ~ ONLINE EDUCATION COURSES

Courses start as low as \$84.00.

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All you need to get started is Internet access, an email address and a Web browser. *Upcoming class start dates are September 15, October 20, November 17, December 15, January 19, February 16, and March 16.*

Visit the Online Instruction Center at: www.ed2go.com/lexrec. to view courses and content, and to enroll in a course. Follow the online instructions to register for a course, and make payment to the Lexington Recreation Department (check, VISA, MasterCard or Discover) by the Monday before the scheduled starting date.

Go to: www.ed2go.com/lexrec and check out the courses!

**Space is Limited
80 students
Sign Up Early!**

Winter 2011 Middle School Early Release Program



Come along snow tubing at Nashoba Valley on Thursday January 13, 2011. We will be meeting in your school's cafeteria at 11:45 a.m. to eat lunch and then the bus will pick us up at 12:30 p.m. **We will tube from 1:30-3:30 p.m. and your parent is expected to pick you up at 4:15 p.m. at your school.** For Boston students, you will be supervised at your designated school until the late bus picks you up. The fee is **\$36.00** and includes transportation and snow tubing. You are required to bring your lunch. Some financial assistance is available upon request.

Return the bottom part of this form along with your check no later than Friday, December 17, 2010 (space permitting) to the Lexington Recreation Department Office at the Town Office Building. Please include a check payable to Town of Lexington.

Middle School Early Release Program Registration Form

(Please PRINT clearly)

Name _____ Home Phone _____

Parent's Cell Phone _____ Work Phone _____

Address _____ Zip Code _____

Date of Birth _____ M ____ F ____ Grade ____ School _____

Email Address: _____

I/We, the parent/guardian of the above named minor, hereby consent to his/her participation in the Middle School Early Release Program Snow Tubing Trip to the Nashoba Valley Ski Area, sponsored by the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorney from any and all liability or expense arising out of any injury involving or on account of any injury to above named minor in conjunction with this program.

- Phone/cell phone where parent can be reached on Thursday afternoon, January 13 _____
Or, in the event of an emergency, please call: NAME _____ PHONE: _____
- If I cannot be reached in an emergency, I hereby give permission to the Town of Lexington staff to authorize a physician at a local hospital to secure proper treatment for my child as named above.
- I understand that my child will be picked up at his/her Middle School and transported to Nashoba Valley on a C&W School Bus. The trip participants will be dropped off at their designated school for a 4:15 p.m. pick up. Please be prompt!
- ***If the Tubing trip to Nashoba Valley is cancelled because of adverse weather participants will be notified at their school and an announcement will be placed on the Recreation Information Line (781) 862-0500 ext. 706. Registration checks will be returned if the program is cancelled.***

Parent/Guardian Signature _____ Print name _____

If your child has any allergies, is on medication, or has other physical problems that we should be aware of, please indicate and explain:

Are you interested in volunteering for this program? ____ yes ____ no

If you can volunteer, please give us the best phone number and email address at which to reach you.

Email: _____ Phone: _____

Return this registration form with a check in the amount of \$36.00 payable to TOWN OF LEXINGTON c/o Lexington Recreation Department Office, 1625 Massachusetts Avenue, Lexington, MA 02420

You may also use the Town Hall Drop Box in front of Cary Hall.

The Registration Deadline is: Friday, December 17, 2010 (space permitting).

This program is made possible through the cooperative efforts of the Lexington Youth Services Council, Department of Human Services, Lexington Recreation Department, Lexington Police Department and the Lexington Public Schools.



Lexington Recreation Department

Program Registration Form

Last Name _____ First Name _____

Address _____

Home Phone _____ Work Phone _____ Cell # _____

Email Address (please print) _____

D.O.B. _____ Age _____ Grade _____
Fall 10 _____ School _____ M _____ F _____

Emergency Contact Name & Phone _____

Special instructions and/or information that the instructor needs to be aware of:
(medical concerns, allergies, special needs, etc.) _____

I/We, the parent(s)/guardian(s) of _____ a minor, hereby consent to his/her participation in the Town of Lexington Recreation Department programs, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Parent's Signature _____ Date _____

Please Print Parent/Guardian Name _____

| Program Title | Day/Session | Time | Fee |
|---------------|-------------|------|-----|
| | | | \$ |
| | | | \$ |

I would like to donate to the scholarship fund which allows children to participate in Recreation Programs in the community.

Donation Amount \$ _____

TOTAL PAYMENT INCLUDED (program fees & donation) \$ _____

Type of Payment: VISA _____ MasterCard _____ Discover _____ Check _____ Cash _____

If paying by credit card: Card Account # _____ Exp Date _____

Cardholder Signature _____

Make checks payable to the TOWN OF LEXINGTON and mail registration and payment to:

Lexington Recreation Department

1625 Massachusetts Avenue, Lexington, MA 02420

You may also use the Town Hall Drop Box in front of Cary Hall.

If registering for the Youth Basketball Clinic or League will you volunteer to be a coach?

Yes _____ No _____ Volunteer Name: _____

Volunteer Email Address: _____

Town of Lexington
Recreation Department
1625 Massachusetts Avenue
Lexington, MA 02420

PRESORTED
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Boston, MA
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WS CAR SORT
POSTAL PATRON
LEXINGTON, MA

Lexington Recreation ... Fun and Fitness for All!

PLEASE SAVE THIS BROCHURE. THE PROGRAMS LISTED WITHIN ARE FOR BOTH
FALL 2010 AND WINTER 2011. OUR WINTER PROGRAM FLYER WILL BE MAILED
OUT IN EARLY DECEMBER WITH NEW PROGRAMS AND PROGRAM UPDATES.
THE SPRING~SUMMER 2011 PROGRAM BROCHURE WILL BE
AVAILABLE IN MARCH 2011.

REGISTER ONLINE FOR PROGRAMS BY GOING TO:

<http://www.lexingtonma.gov/recreationdepartment.cfm> and clicking on the link.

*The Town Office Building will be undergoing renovations beginning this fall. The Recreation
Department will be temporarily relocated to the Cary Hall Building.*

*The Town Office Building renovation may require program location changes for the
remainder of 2010 and much of 2011. We appreciate your patience.*